*Reformer Pilates* ***North***

Reformer Group Summer Schedule: 06/01/2023

**Monday**

8:30 am Reformed Body Shelley

5:30 pm Reformed Body Kathy

**Tuesday**

6:00 am Reformed Body Desi

8:00am Reformed Body Kathy

9:00am Reformed Body Kathy

12:00am Reformed Body Kathy

**Thursday**

6:00am Reformed Body Desi

8:00am Reformed Body Kathy

9:00am Reformed Body Kathy

12:00am Reformed Body Kathy

**Friday**

9:30am Reformed Body Shelley

**Class Descriptions:**

30 min class indicated by \* on schedule.

**Private Training**- One on One, Semi or Trio training with a personalized touch. Reach your goals faster, feel results quicker and direct focus on what YOU need.

**Reformed Body -** A core focused workout that will incorporate the reformer Pilates bed along with other small equipment such as the fitness circle, light hand weights and/or small stability ball. Fine tune your form and get the results promised from a reformer workout: toning/balance/stability/strong core/flexibility/coordination.

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**Group Class size limited. Individual training, semi-private sessions or trio trainings also available.**

**To schedule a free consultation and/or register for a class please email Shelley Dawson at** [**shelleydawson8@gmail.com**](mailto:shelleydawson8@gmail.com)**.**

**Availability subject to Instructor having open beds in time slot. If your preferred class time is full, you may be asked to be added to a wait list.**